

# THE MAST

DECEMBER 11, 2015 | VOLUME 92, ISSUE 8 | MASTMEDIA.PLU.EDU

## “NOT FOR SALE”

In the wake of the KPLU sale, doubts about PLU’s future arise



Photo by Courtney Miranda

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“Save KPLU!” and “Not for Sale!” were chants heard in Red Square and all over upper campus last Thursday, Dec. 3, as students, faculty, staff and listeners of KPLU rallied and marched to protest the sale of



Senior Zoe Velie rallies protesters before they march around PLU.

KPLU.

President Thomas Krise reiterated that Pacific Lutheran University’s financial state is fine in an open letter to the PLU community. However, the sale of the beloved radio station KPLU to KUOW has left many wondering about the possible financial reasons behind the sale.

In that same letter, Krise called the sale a “strategic decision based on careful analysis of the future of radio and a concern about how best to sustain public media in the region for as long as possible.” He writes that the 2015-2016 enrollment is above expectations, but in an email shared with The Seattle Times, it’s stated that first-year enrollment fell 22 percent since 2011. He also announced a 2.5 percent increase across the board for all wage and salary employees.

Not to mention, Standard and Poor’s bond rating status of PLU has fallen from BBB to BBB-, calling the outlook for our future “negative.”

“KPLU has over 430,000 listeners every week. By combining KPLU and KUOW, you’re not actually saving

money,” said junior Zoe Velie, who organized the rally. “Instead, you’ll be making KUOW pay for more because it pays based on listenership.”

The KPLU Advisory Board unanimously voted Nov. 12 to oppose the sale of the station to KUOW, calling the confidentiality of the sale “disappointing.”

“KPLU has recently had one of their most successful fiscal years yet, gathering nearly \$50,000 at their last fund drive,” Velie said on the Facebook event page for the rally. “The station is in no way struggling financially, or in popularity.” KPLU will end this year \$389,000 in the black, according to KPLU general manager Joey Cohn.

“Only \$30,000 per year goes from PLU to KPLU, it’s mostly sustained by donors,” Velie said. “Most other NPR stations affiliated with schools pay at least \$200,000 per year.”

The President said he will “listen to the protesters’ concerns, and will continue to hold individual meetings and constructive forums for dialogue just as he has since the news was announced on Nov. 11.”

Since then, he has held multiple open meetings on campus for students, staff and faculty to come in and discuss the sale with him.

Krise clarified the reasons behind the sale in a meeting with Mast Media on Dec. 8.

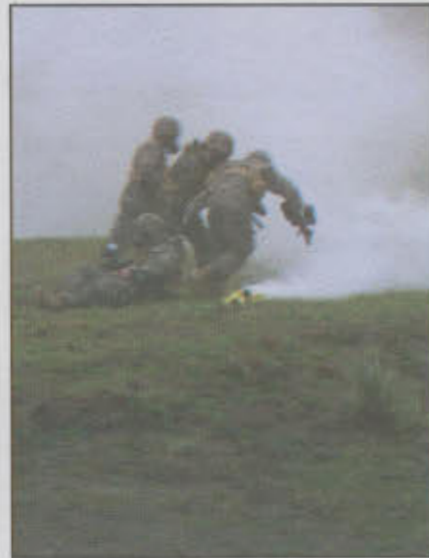
“The two problems are that [KPLU] is a seriously declining asset to the university that is a drag on the ability of the university to do its primary mission, and the other thing is the survivability of public radio in our region.”

“We really have thought of every action and every argument,” Krise said. “If you can find a way to solve these two problems in any other way, I’d love to hear it.”

“I’m hoping this will raise people’s awareness,” said sophomore Lyndi Knox at the protest. “Hopefully, if we get more of the campus and the community involved, President Krise will have to take notice.”

Velie encourages supporters to sign the change.org petition to appeal to the Federal Communications Committee to reject the sale of the station. It currently sits at just over 1,000 supporters.

## ROTC brings competition to Oregon



**DYLAN WARD**  
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Pacific Lutheran University’s Army Reserve Officers Training Corps program sent a team of 10 to compete in the annual Ranger Challenge Competition at Camp Rilea over the weekend of Nov. 13.

Overall, PLU took third place behind Seattle University in first and University of Washington in second. The Lutes earned first place in knot tying and One Rope Bridge, and placed towards the middle of the pack in the rest of the events.

The weather was consistently heavy rain with winds up to 30 mph for the entire weekend. Every individual on the team, especially the first-years, demonstrated considerable character and grit to stick out the competition despite freezing rain, wind and soaking wet feet while carrying their ruck, helmet and other equipment from event to event.

Each year, every ROTC program puts together a team to compete regionally and, if successful, nationally at the United States Military Academy at West Point. ROTC as a whole is divided into eight brigades by region, and those brigades are divided into task forces.

PLU’s task force, TF West, included eleven universities this year: Seattle University, University of Alaska Fairbanks, University of Washington, Central Washington University, University of Portland, University of Oregon, Oregon State University, University of Guam, University of Hawaii, Eastern Washington University and Pacific Lutheran University.

The team began training for the two-day physically and mentally rigorous competition in the first week of September. Training for the competition included five days of morning practices per week beginning at 6 a.m.

Monday, Wednesday and Friday, the team conducted physical training in order to prepare for the tough physical challenge the competition offers. On Monday and Friday the team would “ruck” which means carrying a military backpack of up to 45 pounds and moving at a slow jog for a set distance. At the peak of training, PLU’s team was rucking about five miles on Fridays, two

## WHAT'S INSIDE

**NEWS**

J Terms: Whats up with that? pp. 2

**A&C**

Star Wars: The Hype Awakens pp. 5

**FEATURE**

Where can study away take you? pp 8-9

**OPINION**

One Big Yak-up: Racism on social media strikes college campuses pp. 11

**SPORTS**

Sarah Barnes: ROTC Women’s Basketball pp. 16

**News pp. 1-4**

**A&E pp. 5-7**

**Feature pp. 8-9**

**Opinion pp. 10-11**

**Satire p. 12**

**Sports pp. 13-16**



CONTINUED ON PAGE 2

# NEWS

## PLU voted 6th best campus for the holidays



Photos courtesy of John Froschauer



Top left: Sophomore Quenessa Long Left middle: President Thomas Krise Bottom left: Sophomores Emma Bauman and Sydney Davies Bottom right: Sophomores Joel Thomas, Tono Sablan, Senior Breanna Young, Drew Huff, Melissa Williams, Sophomore Sarah Myers, Tanner Henderson, Athena Gordon

More than a hundred Pacific Lutheran University students and community members gathered in Red Square at PLU on Dec. 4 for the Celebration of Light. Pastor John Rosenberg and President Krise led the gathering in popular carols such as Silent Night and Deck the Halls.

"I loved the tree lighting and carols," said sophomore Sydney Davies. "It got me in the spirit of Christmas."

For the first time, Campus Ministry and Student Life decided to light the trees surrounding Red Square rather than lighting one large tree. Before the lighting more than 50 PLU students and staff participated in the Jingle Run. The run was organized by Campus Ministry, Residence Hall Association and PLU Recreation. By Rhiannon Berg, Photos Courtesy of John Froschauer.

## What to do at PLU:

### Friday, Dec. 11

**The House of Blue Leaves by John Guare;** 7:30-9:30 p.m., Black Box, KHP  
**125th Anniversary Scholarship Concert;** Reception: 6 p.m., Concert: 8 p.m., Lagerquist Concert Hall, Mary Baker Russel.

### Saturday, Dec. 12

**Winterfest;** 9 a.m.-12p.m., PLU East Campus (Old Parkland School)

**Nurse Pinning Ceremony;** 9-11 a.m.,

**Sankta Lucia;** 5 p.m., KHP, with a reception to follow in the Scandinavian Cultural Center

**The House of Blue Leaves by John Guare;** 7:30 p.m., Black Box, Karen Hille Philips Center

### Sunday, Dec. 13

**University Congregation;** 10 a.m., Lagerquist Concert Hall, MBR

**Women's Basketball vs. Evergreen;** 2 p.m., Olson Gymnasium

**Composer's Forum;** 3 p.m., Lagerquist Concert Hall, MBR

**Songwriter's Workshop Concert;** 5:30 p.m., The Cave, AUC

## CONTINUED FROM PAGE 1

on Mondays (which were followed by sprints on the track) and five to seven on Wednesdays, which were long distance run days.. Tuesdays and Thursdays were skills training days.

The team trained in skills that were anticipated to be in the competition. At the beginning of the season, they received a short instructional PowerPoint which hinted at what skills could be part of the challenge, but they never tell the teams exactly what to prepare for in order to test a team's foresight and initiative. This year, the competition consisted of a 6k ruck, knot tying, One Rope Bridge, extraction of intelligence from an urban chemical environment, an obstacle course, weapons assembly and an Army Physical Fitness Test on the beach.

This season PLU's team was led and managed by outgoing senior Jacob Callewaert, from San Diego, California. Callewaert has been a member of the team all four of his years at PLU, and has acted as Team Captain for the last two.

I asked Jake to comment on the team for this article and he replied:

"RC always provided me the opportunity to challenge myself and those around me. Each year we form a strong bond and endure countless additional skill and physical training hours in the darkest hours of the morning." He recently received the news that he will be entering the Army as an Infantry Officer come graduation in May. The rest of the team consisted of first-year students Hannah Peterson, Mitch Perantie, Ruben Quintanilla and Levi Alton, sophomores Alex Moore, Jesse Scanlan and Nick Lund, junior Dylan Ward and seniors Jacob Callewaert and Sarah Barnes.

## Students in ROTC get 100 percent of their tuition paid for by the Army ROTC Scholarship.



**The student to faculty ROTC classroom ratio is 15:1.**

# Intramurals Score!

**ELISE ANDERSON**  
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Recreation reached a major milestone this past month when BestColleges.com named the PLU Intramural Sports Program among the top 50 best college intramural programs in the country.

Coordinator of Recreations Rob Thompson manages the campus exercise programs and finds new ways to engage the student body.

"Not only are we bringing more programs to the table, but each of

these programs we've found a way to make unique," Thompson said. "We are constantly adapting to improve the student experience from broadcasting our intramural softball championship game, to having intramural All Star games, to even keeping goal scoring statistics."

Participation in intramural programs increased from 452 to 782 participants in the last three years. The 2014-15 academic year accounted for 782 members of the student body being involved in some way with an intramural sport.

"It has been incredible to watch the number of students participating continually grow and to see the positive



attitude that the campus has about recreation activities," junior Cara Gillespie, an intramural regulator and social media marketing assistant, said.

PLU's intramural program offers 38 leagues over the course of the school year.

Adding to the variety of sports for spring semester is the introduction of inner tube water polo, which will serve to test the waters for the possibility of future aquatic based sports. The January term intramural

season will offer soccer, volleyball, doubles pickle ball, basketball, coed basketball and dodge ball. Team rosters are due Jan. 7 by 3 p.m.

Recreation offers students to participate in exercise programs, including Outdoor Recreation, Club Sports Teams, Intramural Sports and Group Exercise. Each program provides students opportunity for fitness oriented activities and social engagement with other students.

Named top 50 Intramural Programs in the country.

But who's keeping score?

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## Students start conversations about race

**RHIANNON BERG**  
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Colleges across the country have been featured in the news with images of upset students and apologetic administrators because of the privilege and oppression that is intertwined with race. Pacific Lutheran University students held conversations Dec. 7 about racial inequality at after presenting research on the perceptions and experiences of more than one hundred PLU students.

While PLU prides itself on being ethnically diverse and welcoming to all people, it is not immune to racial inequality. Students from Sociology 332: Sociology of Race and Ethnicity surveyed PLU students about topics such as affirmative action, the success of minority students, drug use and awareness of racial diversity on campus.

"I'd like to see more dialogue around race

and its importance to students' experiences," said the instructor of the course, Associate Professor of Sociology Teresa Ciabattari. "We have a lot of education to do at PLU so a broader group of the student body, as well as the faculty and staff, are aware of how salient race and racial identity is for students of color and how much it does affect their experiences."

Students presented research that showed minority students experience isolation within their major at rates higher than non-minority students. Ciabattari said she analyzed data reported from last year's first-year students and found students of color also report a lower sense of belonging than their non-minority peers.

"Having more conversations like these is important," said Ciabattari. "We need to do more to change the culture of PLU so that all students feel like they belong."

The PLU Factbook reported PLU's student body is made up of 27 percent students of color



and 14 percent of faculty are non-white.

The Dean of Students, Eva Frey, said PLU strives to have the greatest pool of applicants to ensure that they're diverse on a variety of levels, including gender and race. She was the first ASPLU diversity director in 1993 while pursuing a degree at PLU.

"PLU is more conscientious about racial diversity today than they have ever been," said Frey. "We're doing all that we can and I appreciate that."

Multiple faculty members declined to comment on the topic of racial diversity amongst PLU's faculty for this article.

The current ASPLU director of diversity, senior Maya Perez,

presented her findings on how confronting whiteness effects and perpetuates racial inequality at PLU during the Dec. 7 event.

"I really have faith that PLU will continue to complexify it's hiring practices in seeking out a more racially diverse staff and faculty," said Perez. "I think that it's something that as students we're holding them accountable for and that they're learning to hold themselves accountable for as well."

"Be open to the conversation and hearing stories and experiences that might challenge what you have know or experienced about the world and PLU," she said.

# Stress Ninja: Give it a try during finals week

**Samantha Lund**  
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Understatement of the year: finals are stressful. Not only are students trying to make that final leap for an A+ but we're scheduling our trips home, emptying our bank accounts for Christmas presents and fighting off the winter weight gain that comes with late night trips to Old Main Market.

This finals week, Mast Media got an interesting opportunity. A company in Seattle, Stress Ninja, reached out to The Mast to give their service a try. Stress Ninja connects people with help and support anytime, anywhere and in any medium.

If you're having a hard week, need emotional support or are just feeling lonely you can contact Stress Ninja and schedule

a meeting with a "Ninja." Meetings can be in person, over the phone, via video chat or even just through instant messages.

The Ninjas can help you with anything from goal setting to sleep deprivation. It's like having a best friend right in your pocket.

Normally, an hour long session with a Ninja is at least \$30. However, Stress Ninja Seattle is giving Pacific Lutheran University students the chance to try it for free! That's right, absolutely nothing. All you have to do is go to <http://eepurl.com/bFHtzx> and redeem your free code for a friend.

Appointments are scheduled on their website and all you have to do is pick a time and which type of appointment you'd like to have. Give it a try and let us know what you think by tweeting @PLUMast. If you think it's cool, Mast Media will have more promotions like this.

# J Term: What's up with that?

**JESSICA LEE**  
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One hundred and twenty-one students, including 12 first-years, here at Pacific Lutheran University face a big problem: not being enrolled in necessary classes for this year's January Term.

J-Term is practiced by two other universities in the area (Trinity Lutheran and Whitman) and has occurred here for decades. Previously called interim term, J-Term offers unique study away and internship opportunities, options for experimental or special topic courses that would not normally be offered for fall or spring and, most notably, a different framework for courses to be taken in.

All classes at PLU are planned in two-year cycles, meaning the classes that are available are predicted based

off of previous years and expert opinions.

J-Term is the most unpredictable term and prompts the most issues with class availability for students. Director of Academic Advising Hal DeLaRosby sheds light on the problem of predictability.

"We don't actually know, until students register, where we might be either in a case where a class is short on seats where more students would want to be there, or in some cases we have some classes that if you look at [them], they have 7 students in a class designed for 30 you know, so how do we balance all that out?" DeLaRosby said.

The unique problem this year is a lack of availability in courses overall, not just a lack of courses that students prefer to take.

The process for fixing that problem is underway and many students in the situation have been

contacted by academic advising with possible options.

"It's not just, 'oh quick, let's make a class out of thin air' you know, these things take time to do that and it can be so frustrating as a student in that situation," added DeLaRosby.

The Office of Academic Advising offers tips for students in this position. Checking a course description can prove valuable as some courses have remaining seats that allow exceptions such as "approval of instructor" for enrollment. Additionally, some courses have seats reopen over time. While emailing to show interest in a course will not automatically ensure a seat, it can help the situation, especially for sophomores.

If you would like additional information about J-Term classes, email the academic advising office or go to Ramstad 112 to make an appointment with an advisor.

## How to sound smart about: **Women in combat**

### When will women be integrated into combat positions?

All branches of the military have 30 days to begin the integration process. This will allow congress time to review the move.

In a recent report from the Government Accountability Office military officials estimated it will take up to two years for women to be recruited, accessed, trained, tested and assigned to combat arms units.

### What are people saying about it?

President Obama said it is a historic step forward that will make the military stronger.

Hillary Clinton said, "We've seen women in our armed forces prove their heroism and abilities, now our official policy is catching up." ROTC member and sophomore Jessica Mason said,

"Women entering combat roles do not want any standards changed, just the opportunity to meet and exceed the previous set standards. This decision shows great promise for the future of our Armed forces."

### Does this impact the Military Selective Service Act (MSSA)?

The MSSA requires eligible men more than 18 years of age to register for the draft.

They can then be called upon to serve until they are 26 years old. The draft has not been implemented in the U.S. since the Vietnam War.

Defense Secretary Ash Carter said the impact of the announcement on the MSSA will be a continuous legal dispute.

### What does it all mean?

Women will now be considered for about 220,000 jobs that were previously only legally available to men. These positions include machine gunners, bomb squad techs and lead infantry soldiers in combat. Women will also be able to serve as Army Rangers, Green Berets, Navy SEAL, Marine Corps infantry and Air Force paratroopers.

# CSI: Campus Safety Investigations

## Taken from weekly Campus Safety reports

**Medical Aid in Tinglestad**  
Student fell in the 2nd floor bathroom in Tinglestad and struck her head/face, CPFR responded and assessed. CSAF provided her with two ice packs. No further action by CSAF.

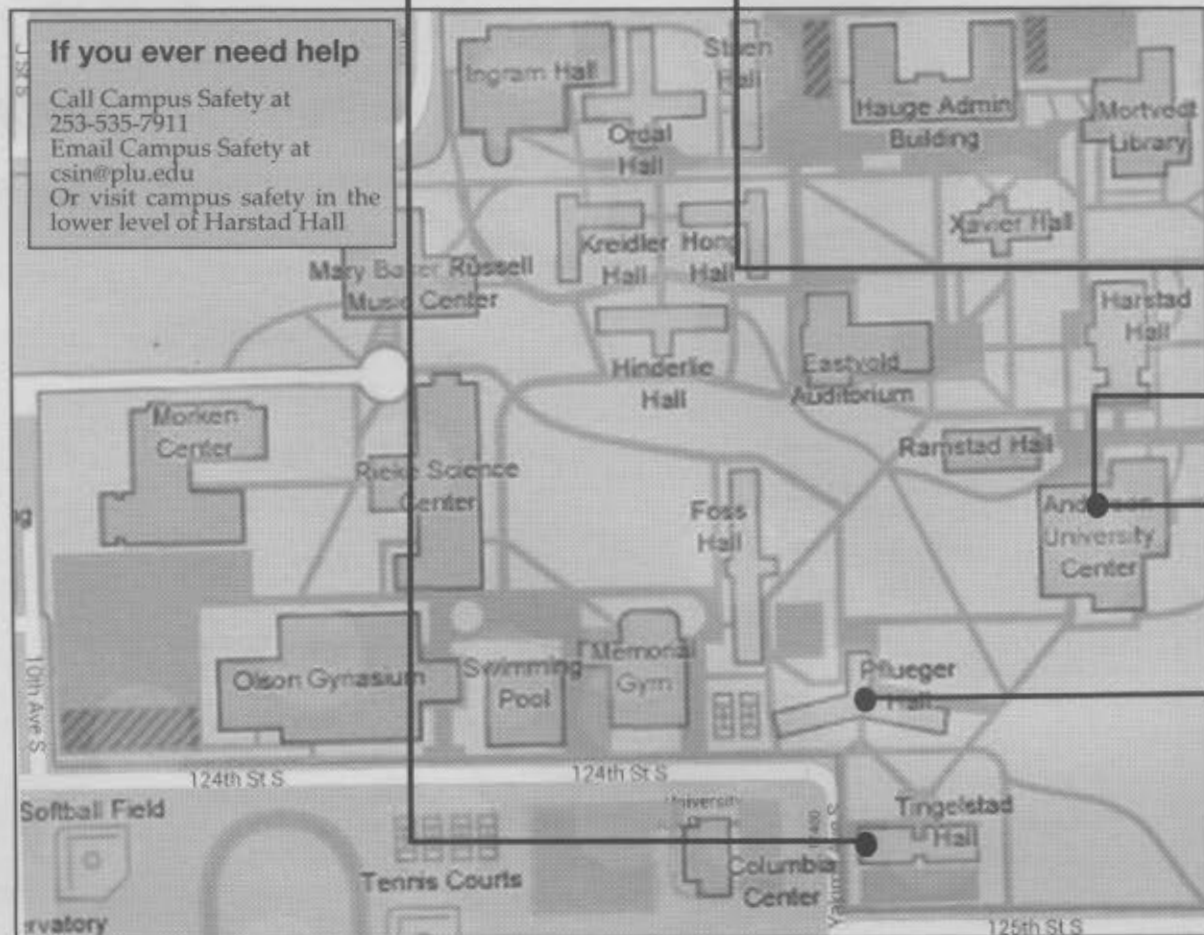
**Vandalism**  
CSAF personnel discovered fresh spray paint on the east side of the East Campus building and two empty spray paint cans on the ground nearby. There is no suspect information. No further action by CSAF.

**If you ever need help**  
Call Campus Safety at 253-535-7911  
Email Campus Safety at [csin@plu.edu](mailto:csin@plu.edu)  
Or visit campus safety in the lower level of Harstad Hall

**Vehicle Vandalism**  
CSAF was contacted by Dining Services who reported vandalism to a PLU service vehicle. A gas line had been cut and fuel had been siphoned from the vehicle. CSAF was unable to locate any suspect information. Information has been passed on to the Risk Manager.

**Stolen Food in OMM**  
Keithley Middle School students were observed concealing food items in a backpack at the OMM without paying for them. The items were recovered. Both students were restricted from campus and the Keithley MS Student Resource Officer (PCSD Deputy) responded to the scene. The deputy contacted the respective parents to come and pick up their children. No further action by CSAF.

**Drug Policy Violation in Pflueger**  
During a fire alarm response CSAF discovered a plastic bag covering the fire detector in a resident's room. Also in plain view were two water bong. CSAF contacted the resident for a room search. Two empty containers smelling of marijuana were discovered along with several small plastic baggies and rolling paper. This incident has been forwarded to SRR for review.



## TV winds down for winter



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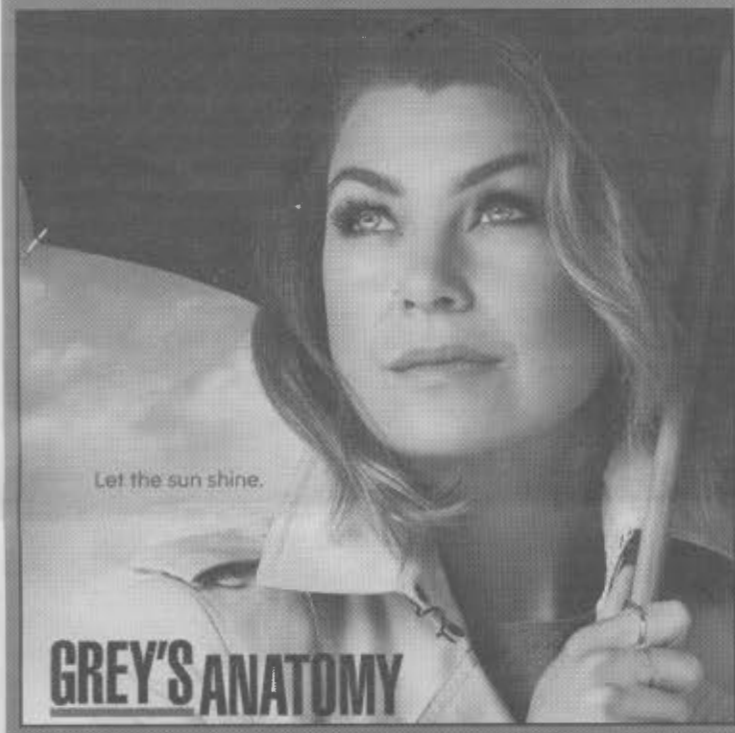
Television shows are wrapping up for winter, leaving fans wanting more and patiently awaiting their returns in the spring.

### Grey's Anatomy:

Nov. 19, "Grey's Anatomy" had its winter finale with one of the season's most intense episodes. Relationships are tested, as nothing short of drama ensues. It's uncovered that the newly hired Riggs previously knew Owen, which held the majority of the spectacle for the episode.

Many expected the show to decline in content and lose viewers after the tragic death of Derek Shepard, but Season 12 has held up to the expectations the show has always had. Viewers were left with not just one, but three cliffhangers for this winter finale.

Fans now have to wait to see what happens with Jo and Alex's relationship, where April and Jackson's love will go and what will take place between Riggs and Owen.



### Last Week Tonight With John Oliver:

"Last Week Tonight with John Oliver," HBO's comedy-news show, will not return until February. The British comedian's current events talk show became very popular amongst young audiences this year because of his hilarious wit and utter straightforwardness. College-age viewers tend to agree with his

ideas and find the show enjoyable, yet informative, because of it. Oliver focuses on controversial topics and brings current events to viewers in a Jon Stewart format. Not to worry. Two seasons consisting of 35 episodes are promised to viewers for the upcoming years. With the success the show has had so far, the next seasons shouldn't disappoint.



### The Walking Dead:

"The Walking Dead" was one of the most awaited mid-season finales on television. Six seasons in, the show has been wildly successful and has sparked fan conversation all over social media. Fans were anticipating what dramatic twist would happen next, and they were not let down when it came to drama.

Fans took to social media to voice their opinions and those opinions differed from "love it" to "hate it," giving this finale very mixed reviews. This episode has received more criticism than any other episode this season, earning only a 29 percent on Rotten Tomatoes. Viewers have given the show such high expectations, and it's sometimes hard to live up to them. Hopefully fans will be pleased with what is to come after the winter break.

### Dancing with the Stars:

"Dancing with the Stars" ended Season 21 with an emotional win for Bindi Irwin and her partner, Derek Hough. The 17-year-old Australian daughter of Steve Irwin took home the mirror ball trophy after a very emotional season of honoring and remembering her dad in multiple dances.

The young star captured the hearts of viewers through passion and excitement, and it was no surprise that she would take home first prize. This was also Hough's sixth win, giving him the most wins as a professional on DWTS. Coupled in the final three were Nick Carter of the Backstreet Boys with his partner Sharna Burgess and Alek Skarlatos, a Legion of Honor recipient and soldier, and his partner Lindsay Arnold. DWTS will return for Season 22, along with judge Len Goodman, who took a hiatus for a season.



### POP CULTURE UPDATE:

#### Taylor Swift shows love to the Seattle Symphony

Taylor Swift donated \$50,000 to the Seattle Symphony Orchestra after hearing John Luther Adams' Grammy-winning "Become Ocean."

The Seattle Times reported the donation will go to funding Link Up, a music program for elementary school students, and the pension fund of the symphony's musicians.

This is not the first charitable donation Swift has made. She was named the number one on DoSomething.org's Gone Good list for being the most charitable celebrity for the third year in 2014.



Photo courtesy of Wikipedia.

### Mast Media's Christmas Picks

**BROOKE THAMES**  
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Looking for the perfect movie to "Netflix and Christmas?" Check out Mast Media Editors' favorite holiday flicks.



#### "A Christmas Story."

"I like to romanticize the midwest."  
Jeff Dunn, News Editor



#### "How The Grinch Stole Christmas"

"The Grinch is what Christmas [is truly] about."  
Jake Bilyeu, Mast TV Sports Producer



#### "Love Actually."

"It's adorable."  
Genny Boots, Mast TV Executive Producer



#### "Elf."

"I watched it a lot with my family, and it's really quotable."  
Matthew Salzano, Mast TV General Manager

# KPLU: The Last Jam?

**JESSICA LEE**  
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The KPLU Christmas Jam, Thursday Dec. 10, marks the 19th year of a holiday jazz musical tradition.

The Christmas Jam started at KPLU nearly two decades ago by the general manager of KPLU, Joey Cohn, in the second floor of the administration building. Its purpose was to celebrate jazz music in a festive way and put a spotlight on the University's jazz program. Each year brings different sounds of the season, featuring different professionals playing different songs and arrangements.

Today, it has graduated to the Karen Hille Phillips Concert Hall. This year KPLU is teaming up with Pacific Lutheran University's Jazz ensembles - Stormy Monday and Ruby Tuesday - and high-profile jazz musicians to draw a packed house with hundreds of thousands of listeners on the radio and online. This year features tenor saxophonist Anton Schwartz, a well known jazz figure from Seattle.

Arrangements and famous faces aren't the only things that are different this year. The question everyone may be asking is how this pending sale is affecting KPLU, especially this time of the year. News of the sale and the resulting fallout sparked a debate on whether the KPLU Christmas Jam should still take place this winter.

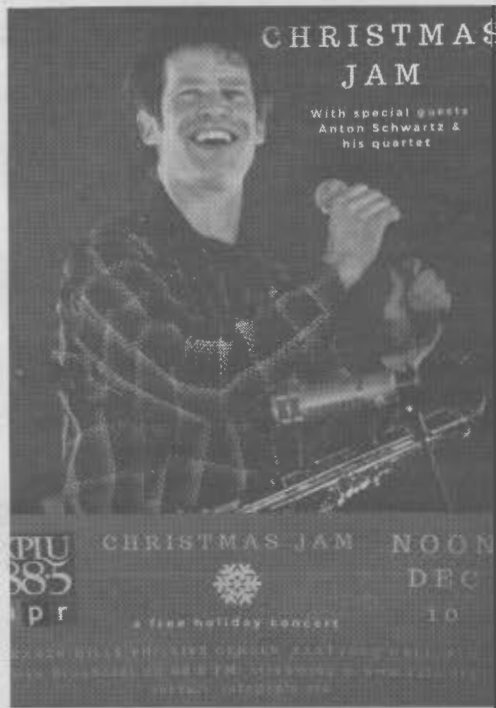
"We decided that it was a good idea to go on with the show because the audience enjoys it, and I don't want to shortchange the students. I want to give them the opportunity," Cohn said. "I think it just still made sense to put on a show for the reasons that we'd put on a show anyway: that it's a wonderful holiday tradition, people

enjoy, it makes for good radio programming and it's a fun free show for our audience."

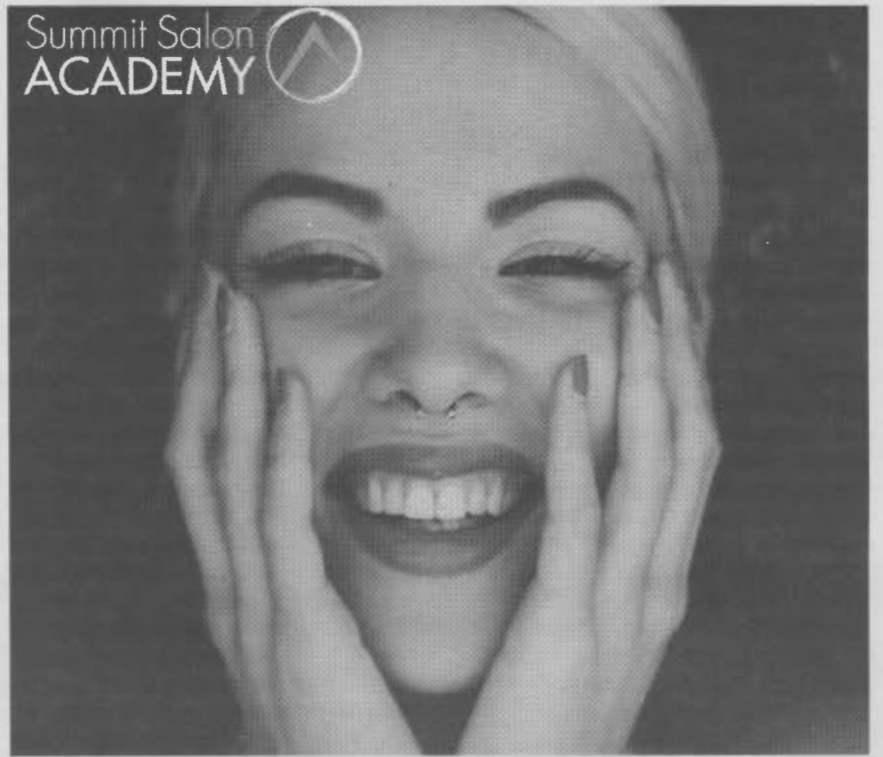
As for whether this will be the last time, "the people who are in charge of the new entity will make that decision."

KPLU's history with the University pivots around giving opportunities to students both at PLU and in the community.

"One of the things I'm most proud of is giving the students the opportunities to start their careers in media," Cohn said. "Somebody needs to give you a chance, somebody needs to take a chance on you and give you that break [...] I'm very pleased that I've had the opportunity to pay it back in that way."



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# Screw feelin' 22 - I'm all about "25"

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I was driving back home from Thanksgiving dinner alone last Thursday using Spotify in my car and singing very loudly. Very, very loudly. My Spotify hit "Hello" by Adele, and once wasn't enough. After repeating it four times, I realized I still hadn't heard her new CD "25."

I knew what I had to do. I grabbed my phone while driving - I know I should have stopped but I didn't - and went into iTunes and downloaded the entire album.

"25" is the pop singer's third studio album. It has 11 tracks and was released Nov. 20, 2015.

As a sidenote, this was the first album I've been willing to put real human dollars toward since getting my student Spotify subscription three years ago. The fact that Adele chose not to put her music on streaming sites was a betrayal of our relationship. I'd been resenting her for a while, but it all ended when the album came on.

The first track, "Hello" started, and even though I'd just listened to it, I sang along once more. It's just that good.

The next track, "Send My Love," begins with a heavy beat that ties you into the experience. Adele hasn't gotten old, her music isn't a repeat from the album "21." It's new and shiny. It's ear crack.

Even without knowing the words you'll find yourself humming along. The beats are catchy, and Adele shifts from strong music to soothing melodies seamlessly. Between tracks three ("I Miss You") and four ("When We Were Young") she takes you from a dance floor to a love song.

"We're burning down the highway skyline/ On the back of a hurricane that started turning/ When you were young," Adele

sings in "When We Were Young."

It's no wonder Adele's album shattered Billboard records and sold over four million copies in a week. "25" looked at the Frozen Soundtrack and Taylor Swift's "1989" and laughed in their faces as it passed them by. Sales of "25" accounted for 41 percent of all music sales the week it came out.

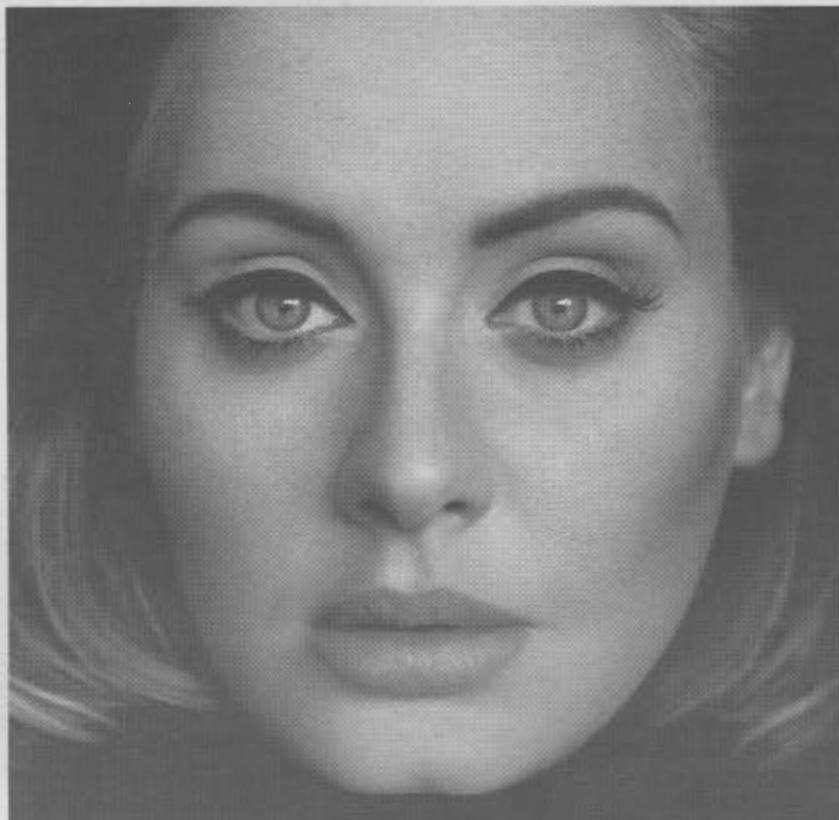
Adele made the decision not to allow her music on streaming sites like Spotify and Apple Music. Music sales are down about 25 percent across the board because of streaming sites, and several artists, including Taylor Swift, have banded together to not stream their music. It was a risky choice, especially with listeners like me out there that take those decisions personally and choose not to listen to their albums at all if it means I have

to shell out \$10. But, if we can learn anything from Adele's recent success, it's that these streaming services may not have as much of an affect as we think.

Now I'm on track 10, "All I Ask," and I've caught onto a few words that I'm belting out. I can't help but thinking, *Damn this song is amazing. It speaks to me. Maybe Adele gets me completely.* And then, of course, I start to cry. No shame. No shame.

Adele swiftly shifts from "All I Ask" to her final track "Sweetest Devotion," which leaves you on a happy note. In the '70s-esque music festival song, Adele's 3-year-old son actually makes a cameo, which is only appropriate because he was the inspiration behind the piece.

Then the album is over. But I've still got another hour left to drive. Repeat.



# Thomas & Molly's Music Reviews: Years & Years

**THOMAS FLATMOEN & MOLLY UNDALL**  
 Mast Radio Arts & Culture DJs  
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Years & Years is an electronic pop trio from London, England. They released their debut album "Communion" in July 2015. The trio have been playing together since 2010, but only recently gained international fame. Their most popular single, "King," topped many international charts when it was released this summer. The single made us fall in love with their sound. The album showcases their broad talent, including the more emotional song "Memo," different from their normal pop sound.

The highly successful trio were named the "Sound of 2015" by BBC Radio 1 earlier this fall and are nominated for the BBC Music Awards "British Artist of the Year."

In September, the group's lead singer, 25 year old college dropout Olly Alexander, told Metro Weekly that he had never expected to hear the songs he wrote played on the radio, let alone perform them for packed houses around the world.

The band joined Sam Smith on his sold-out UK tour this year, and toured in North America and Europe. Years & Years is joining Ellie Goulding on her spring 2016 U.S. tour dates, and you can catch them in Seattle April 2, 2016.

Check in with Thomas and Molly Tuesdays at 10 a.m. on Mast Radio to hear more from them on music and other Arts & Culture stories.



# The Hype Awakens

**ERIC ZAYAS & BROOKE THAMES**  
 Guest Writer, A&C Editor  
 thamesbe@plu.edu & zayasen@plu.edu

May 25, 1977, a film premiered that still resonates with audiences 38 years later. "Star Wars" (later changed to "Star Wars Episode IV: A New Hope") was the first in a franchise of films that led to six movies, spawned a collection of television shows and videos, games and created the setting for dozens of books detailing stories from a galaxy far, far away.

"Star Wars" has had its ups and downs over the years. The original trilogy ("A New Hope," "The Empire Strikes Back," and "Return of the Jedi") is beloved by many and the prequel trilogy ("The Phantom Menace," "Attack of the Clones," and "Revenge of the Sith") has sparked mixed reviews and controversy among fans. When the prequel trilogy ended, the "Star Wars" franchise seemed complete. That changed when J.J. Abrams took on the job of directing the next installment of the franchise entitled, "Star Wars: The Force Awakens."

The new movie brings an even newer hope to the franchise and has made many members of the Pacific Lutheran University community excited. Sophomore Paul Bufford is hyped about the upcoming movie. In fact, he and his friends actually managed to get tickets to the premiere night of "The Force Awakens."

"I know it's going to be hectic, but I know it's going to be worth it because "Star Wars" is just [...] it's an amazing franchise," Bufford said.

Bufford even mentioned how he had watched some of the "Star Wars" trailers right before speaking with the *Mast*.

Another PLU student who is pumped for the new movie is sophomore Joel Thomas, a member of the Resident Hall Association (RHA). Thomas said he got "goosebumps" when he saw the Millennium Falcon in the first film teaser. He remembered watching a clip from a Star Wars convention, where the second film teaser was showed to a crowd of "Star Wars" fans.

"They had that other trailer where they showed Chewie and Han at the end of it and that was insane," Thomas said. "I remember watching the footage of it [...] and just hearing the screams [from the crowd] as soon as they came on the screen was crazy!"

The students of PLU aren't the only ones who are passionate about Star Wars. Professors also love their share of intergalactic action.

Resident Instructor of Communication Art Land saw the original "Star Wars" film when it was first in theaters not once, not twice but *twelve times*. Whenever young Land had nothing to do, he'd go see "Star Wars" again, and again, and again.

"Culturally it's such a milestone. It changed so much in terms of media - in terms of movie, television and so forth," Land said.

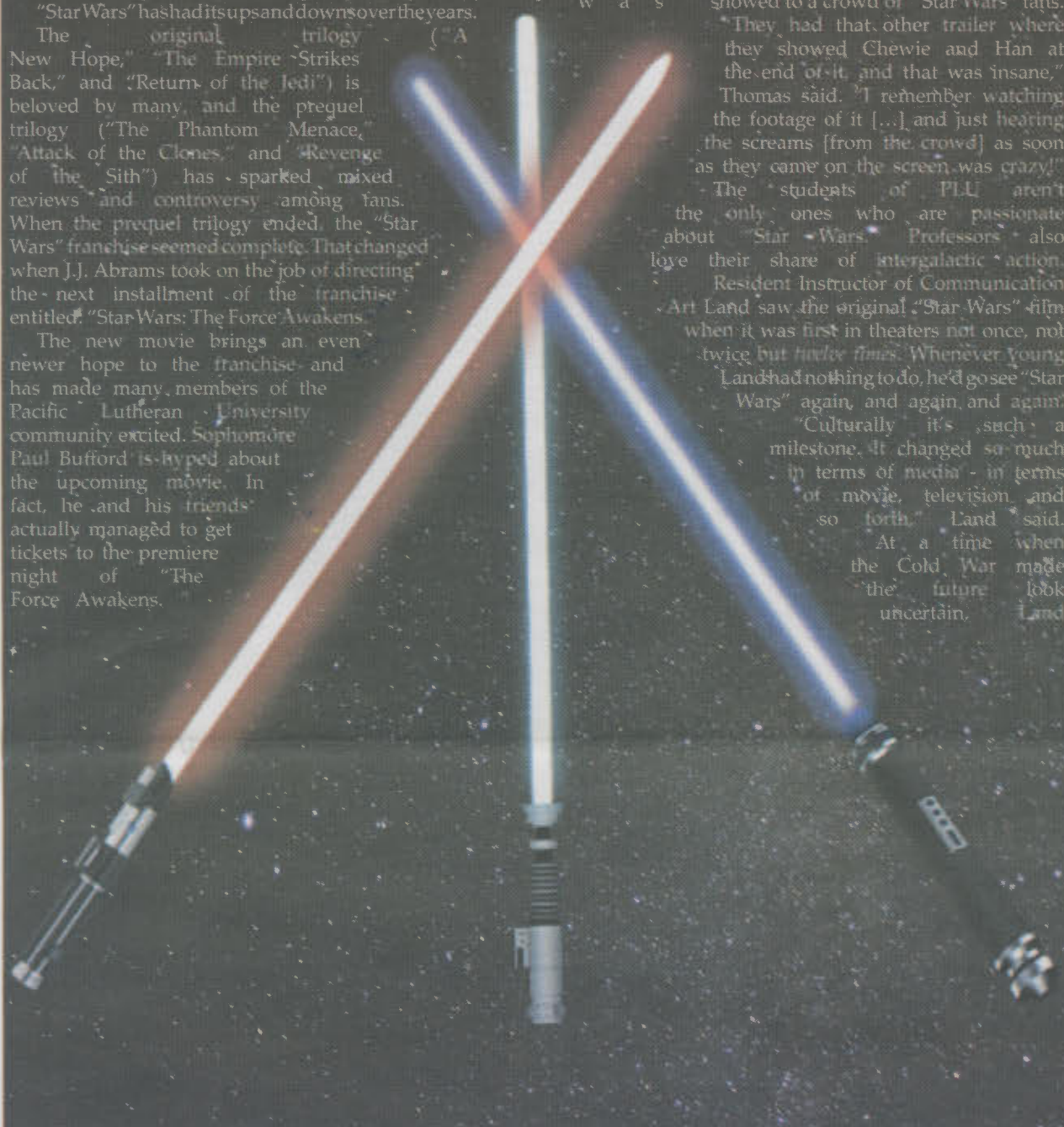
At a time when the Cold War made the future look uncertain, Land

said "Star Wars" (and the entire science fiction genre) represented mankind surviving and thriving.

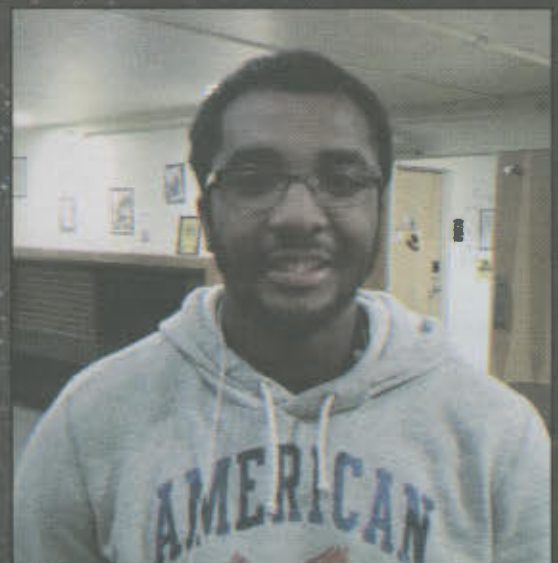
"It was a positive look at the future and made you feel hopeful about our prospects at a time when that was really important and needed," Land said.

"Star Wars" represents so much more than just a franchise of sci-fi adventures for many different generations of fans. Lutes both young and old are unified by their personal connections to "Star Wars." The excitement for the next chapter of the series is palpable.

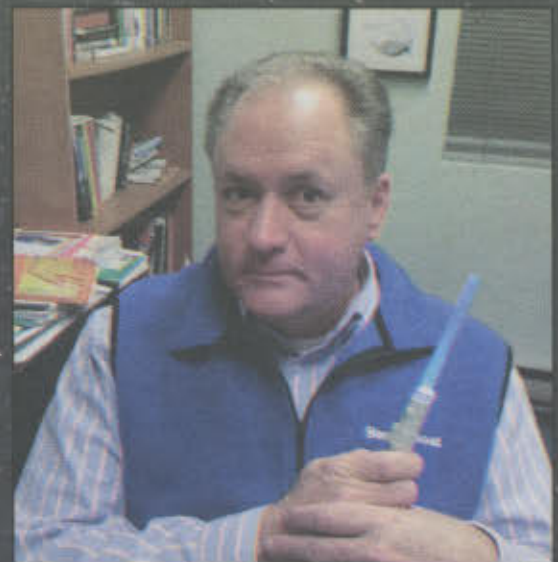
"Star Wars Episode VII: The Force Awakens" premieres Dec. 18.



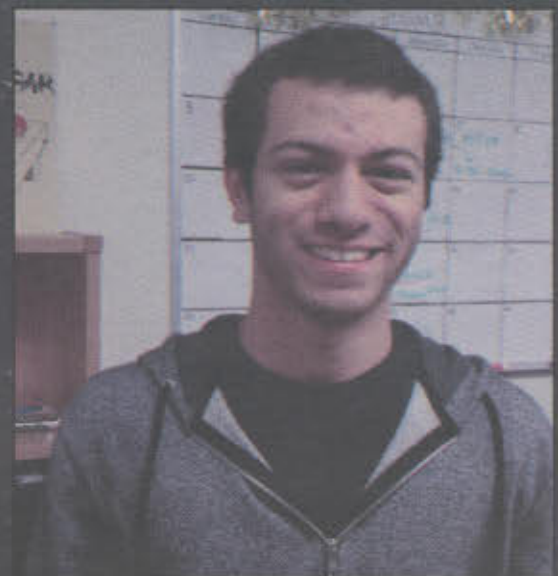
## Lutes love Star Wars because...



*I love Star Wars because...*  
 "It's changed my life." - Paul Bufford



*I love Star Wars because...*  
 "It changed popular culture." - Art Land



*I love Star Wars because...*  
 "There's nothing like it." - Joel Thomas

## May the Facts Be With You

Star Wars is a film franchise that is recognized worldwide, but there are plenty of unknown facts about the films.



#1. Luke Skywalker was almost named "Luke Starkiller."

#2. The word "Ewok" is never said aloud in the films.

#3. The communicator Qui-Gon Jinn uses is an altered Gillette Sensor Excel women's razor.

#4. Tupac Shakur reportedly auditioned for the role of Mace Windu in *Star Wars Episode I: The Phantom Menace*.

#5. The phrase "I have a bad feeling about this" is said in every film.



# LUTES AWAY

## Where are students going?



This year, Pacific Lutheran University is sending more than 250 students across the globe this J-Term. As the Christmas season ends and before spring hits campus, PLU students will be traveling to Europe, Asia, Africa, South America and beyond to study in new and unusual ways. This January, 22 students will visit Germany, 35 will go to The Caribbean, nine will go to China, 17 will travel to England, 30 students will be in Italy, five in Tobago, 20 in Uganda, 13 in Uruguay and 10 in Hawaii. Some



# AY: going for J-Term?



students won't travel as far, but will still get the study away experience. With 16 students in Holden Village, 15 in Neah Bay, 14 in Hilltop, plenty of students will get to participate in alternative studies in our back yard.

To read more about the Wang Center and their study away programs, students can visit [plu.edu/studyaway](http://plu.edu/studyaway). Online applications for J-Term 2017 open Feb. 8, 2016 and close April 18, 2016.

## Warning: Satire at play

# A 'Merican tradition

**JULIA GROSVENOR**  
Satirist  
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For Thanksgiving dinner, students who could not go home to see their own annoying families enjoyed a meal with the Krise Family who provided annoying relatives for them.

Many students were already aware of the Krise Thanksgiving tradition. Those who were not able to fly home spent Nov. 26 with Thomas and Patty Krise and shared a wonderful meal in their home.

This year, however, a few more Krises were brought into the mix.

"We realized that these students are homesick, not just hungry. So we decided to hire a group of actors to fill in as other relatives," Patty explained.

"These aren't actual relatives of ours. Heck no," President Krise laughed. "Our relatives are basically perfect like we are. We held auditions for the most chaotic guests we could find," he said.

The Krises understood that, while their Thanksgiving dinners were always amazing, they lacked the upsetting element of extended family who make the night cringe-worthy with awkward questions and non-stop bickering.

While the performers were not given scripts, they were given very specific roles to play. There was even a rehearsal dinner so they could establish character history.

"We really got a feel for how much we despised, misunderstood and tolerated one another. My favorite part was when we came up with all

of the fights we'd had in the past so we could bring them up during later fights," actress Sandra Gillsby, who played Grammy Krise, said.

The most surprising talents were the youngest of the group, a handful of actors aged five to 11 years old, playing the nieces and nephews.

"They were surprisingly method. Little Tristan talked about Minions the entire time! No one even asked him to," Patty commented.

"Ba-na-na!" Tristan said.

In order to create genuine reactions, the guests were not informed of the plan. Some of the actors greeted guests along with the Krises when they arrived, while others showed up very late on purpose.

While the guests mingled before dinner, Aunt Cathy—played by Lena Maple—convinced as many students as she could to add her on Facebook. Uncle Kevin, played by Douglas Smyth, discussed marijuana, randomly switching his stance between asking to buy it and ranting about potheads.

All of the actors socialized during this time, except for Aunt Kim, who walked up to a couple students and asked them to watch her kids for a "second" and proceeded to vanish for the rest of the night.

The real antics started at the dinner table. When the room stopped to pray a blessing, the Dorners, a Catholic couple played by Arnold Doone and Helen Chang, loudly prayed grace instead.

Once everyone began eating, about half of the adult relatives made it their goal to drink as much as possible.

"I would never drink on the job, so it was pretty tricky to make everyone

think I was drunk," actor Bob Finn, who played Uncle Kenneth, said.

The actors used a variety of tricks to seem plastered, from spraying themselves with alcohol-scented perfume to dumping their wine into plants when no one was looking.

By the time dessert rolled around, every offensive joke had been made and every controversial topic had been discussed.

"I really killed it with my offensive Hillary Clinton impression. I stuck dinner rolls in my shirt and talked about my period and emails for like 15 minutes!" Smyth said. "I asked invasive questions about human sexuality all night, and I actually learned what a furry was. That was not so fun for me," Gillsby said.

Instead of asking everyone to go home, the Krises had planned a big finale.

"It was like when at the end of a fireworks show, they light off about half of the fireworks at once in a huge explosion," President Krise said.

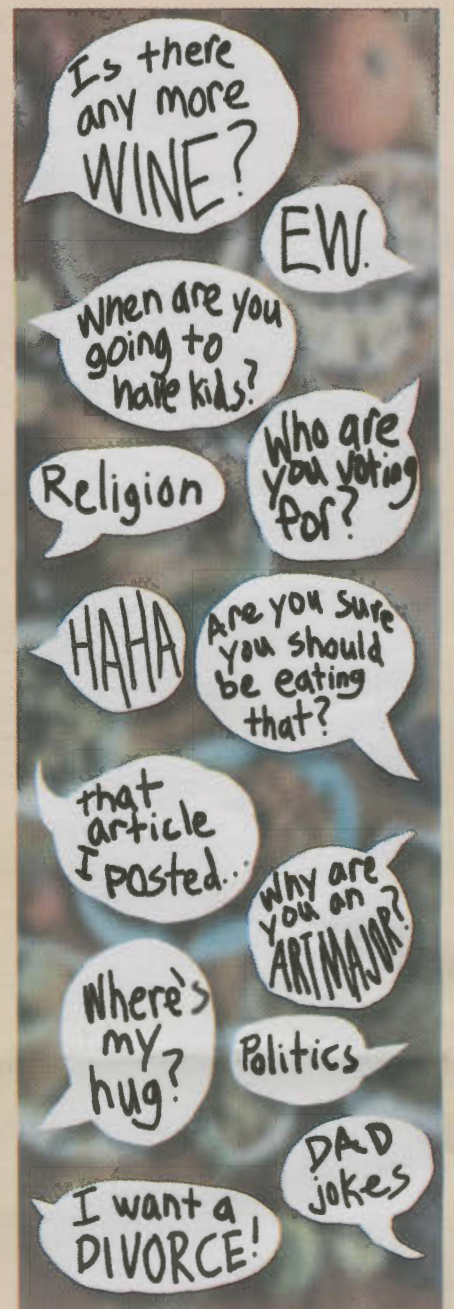
As Aunt Cathy went for her second slice of pie, one of the children called her "Aunty Tubby," which caused her to yell at the kids, triggering shouts from defensive parents until even the Dorners were yelling at each other.

"I was all 'you can't tell me how to raise my kids,'" Finn recalled.

There was so much shouting that students simply left, having had their fill of both turkey and drama.

"I'll certainly never forget it, even though I kind of want to," junior Randy Sanchez said.

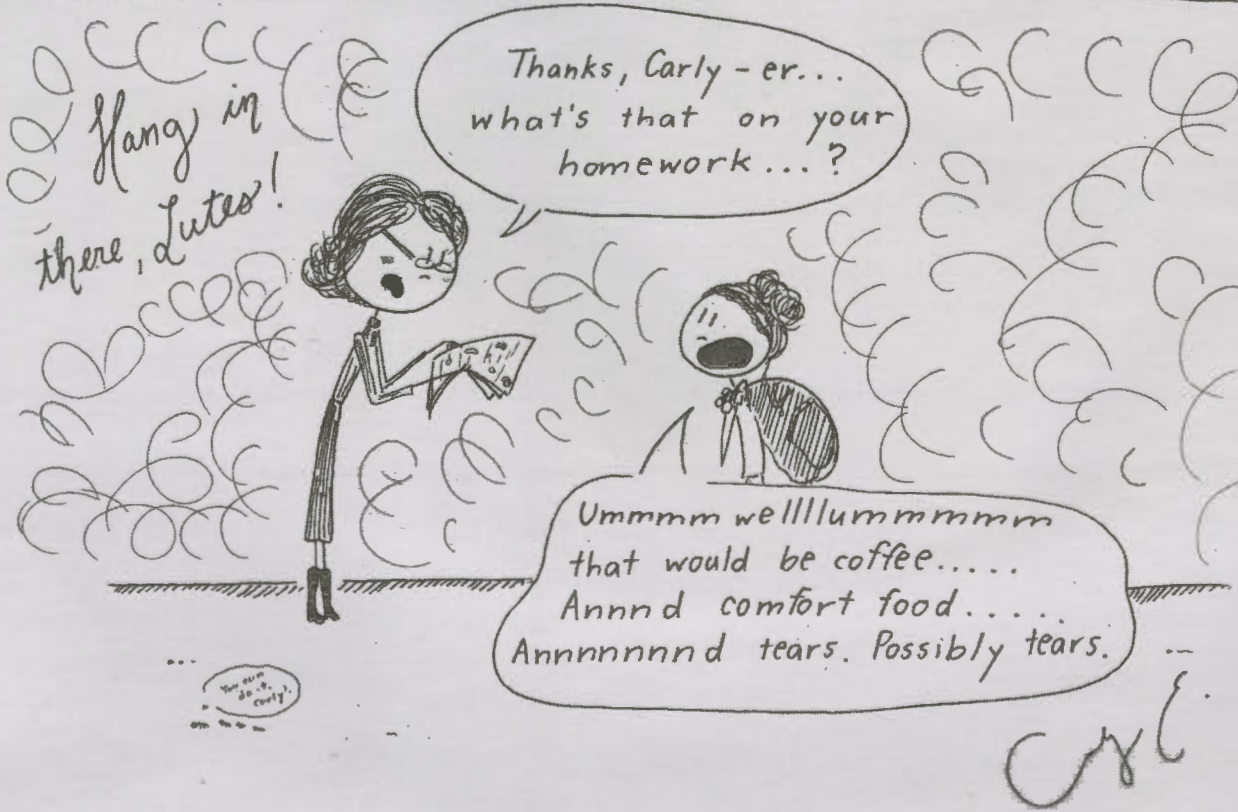
"The sweet potatoes were great, and I had to sit through a conversation about #AllLivesMatter," senior Laylani Shaw said. "It felt just like home."



## #FinalsWeek

LITTLE CARLY GOES TO COLLEGE:

LET'S BE HONEST...



**CARLY STUAFFER**  
Cartoonist  
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My name is Carly and I'm a Physics major here at PLU. I'm a total nerd, in love with Olympic National Park, and enjoy singing in University Chorale, writing, learning, acting and spending time with family (and Jesus!). While I somehow manage to look as though I've got my life pretty under control, I generally feel like I'm awkwardly stumbling around, trying to figure out life... just like Little Carly. Enjoy!

# One big Yak-up: Racism on social media strikes college campus

**HELEN SMITH**  
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Recently throughout the country, there have been increasingly visible instances of institutionalized racism rearing its ugly head on college campuses.

This fall alone, at least three incidents have made national news. A faculty member at Yale University questioned the inappropriateness of wearing racially offensive costumes on Halloween and members of a frat turned away non-white party goers. At University of Missouri, incidents of racism have also occurred with alarming frequency, and students feel that their complaints are falling on deaf ears within the university administration, according to CNN. Western Washington University (WU), located just three hours away in Bellingham, Washington, has also experienced an increase in racist behavior on campus.



Late Monday and into the early hours of the Tuesday just before Thanksgiving break, racist remarks were made toward two black members of the student body on the popular app Yik Yak.

According to an email sent to all students by the President of the university, Bruce Shepard, some of the messages, including one post saying "Lynch her," were threatening to both African-American students mentioned on the app and students of color in general. These remarks came in response to the movement at the university to change the WU mascot, the Viking, to something more inclusive and representative of the student body, which, according to the Associated Press, is 25 percent non-white.

In response to the threatening messages on social media, the university's president rushed to provide accommodations for the threatened students and cancel classes the next day, Nov. 24 according to KiroTV.com.

Later that day, Shepard sent out a long email somewhat outlining the situation, but largely shined a light on the steps that Western took in response. Out of the nearly 3,000 words in that email, only 50 of them were dedicated to talking about institutional racism.

Although WU made sure to let everyone know how they dealt with the threats on campus, the extent to which the real situation was really dealt with is questionable.

While the university mobilized staff and

administrators to provide for the temporary safety of those affected, with such little talk about the cause of the situation—institutional racism—the university didn't deal with the long term issues which will continue to threaten the safety of the students on campus.

Properly handling cases of institutional racism on college campuses is vital because they're institutions which were designed to benefit privileged groups in the first place.

College is essential to the future success of our population and to closing the gap of opportunity between white students and students of color is a civil liberty well past its due date.

In response to this ordeal, Western had a forum about the situation to begin a conversation about institutional racism on their campus, according to the Huffington Post.

However, one discussion is hardly a fix. This incident has revealed complex issues within the Western community about who gets to be represented at school.

Threats made against students of color at WU for attempting to change the mascot from a white, male Viking to be more representative of the diverse WU community revealed a group on campus that feels minority representation is unimportant. Because that sentiment has surfaced, the need for representation of students of color on campus is even more urgent than it was before.

Changing Western's mascot is necessary

to ensure students of color that Western is a safe space for them. Maintaining the Viking as the Western mascot would show that the university is still a place exclusively for privileged white men, and even with the conversation that Western has started about institutional racism, nothing has changed.

Although it took a terribly jarring incident to make it happen, a conversation has started at Western about institutionalized racism, representation, and making Western's campus a safe place. Now that it has finally started, it's plain to see that there's still much to talk about. After all, feeling safe when going to class should not have to be considered a privilege.



Photos by: Western Freshman Rachel Newkirk



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# Let's talk about sex!

## Exploring sexuality

The weekly "Let's talk about sex" series will look into a different topic about sex and sexuality in an effort to raise awareness, bring education and be a forum for discussion. To write in and share your opinions or stories, email [mast@plu.edu](mailto:mast@plu.edu).

Once upon a time, sexuality was considered to be black and white. In some ways, this is still accurate, and in others, nothing could be farther from the truth.

In majority of human societies, people have divided sexuality into the dichotomy of straight and not-straight. Certain societies throughout history however, did not feel the need to label sexuality at all.

For example, according to a [pbs.org](http://pbs.org) article on homosexuality "Relationships we would call homosexual, especially between men and youths, played an important role in Ancient Greek society."

Often it feels like sexualities are

becoming more convoluted by the minute in today's world. Social progress has been made in many areas over the years, and "discoveries" in the world of sexuality are no less frequent.

For a number of years, I felt that I was bisexual. I have been attracted to boys since kindergarten, but as I entered the high school world and actually began interacting with other people in a romantic and physical way, I second-guessed my orientation. I never doubted that I was interested in pursuing relations with men, but I also didn't see a reason why I wouldn't want to explore them with women, too. After all, girls are smoking hot.

As I continued my journey, I became interested in pornography and found myself more attracted to what the women were doing than what the men were doing; their noises and reactions were far more important to me than the men's. I never enjoyed female-female porn, but I wasn't opposed to what

would be called a FFM (Female-Female-Male) threesome. At parties and bars, I found myself getting drunk and kissing women for dares or because they were interested in me. I was not, however, comfortable labeling my sexuality until I had experienced a new type of physical or romantic relationship for myself.

Everyone's path to finding their sexuality is different. There is also no perfect way to determine whether or not a defined sexuality is their correct identity.

My experiences have proven to me a label that I am now comfortable with. Some people may never be comfortable with a specific label at all, and that is okay, too.

Pornography and erotica provide safe ways to explore different options for sexualities. Physical experimentation is the next step up from that and is the best way to understand your body.

If you have questions about your own sexuality, or you are simply curious, the

best way for you to get information is to simply ask.

Sexuality is an everchanging spectrum and the majority of people don't fit into one category. You can be whoever you want whenever you want.

**Heterosexual, Straight:** A person who is attracted to the opposite sex, usually people whose genitalia interlock with theirs in order to reproduce.

**Homosexual, Gay/lesbian:** homo, which means same, lends itself to this word. The definition of homosexual is when a person is attracted to people of the same sex.

**Bisexual:** A person who is attracted to both sexes. Bisexual people may prefer one gender over the other while remaining attracted to both male and female.

**Pansexual:** A person who is attracted to other people based on personality regardless of the other person's sex.

**Asexual:** A person who does not feel sexual attraction to any sex.

# Don't sweat over a sweater

## The hypersensitive culture of the U.S. citizen

**CARLY STUAFFER**

Opinion Writer

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I have a feeling that if there were a contest between all peoples across history for the generation most easily offended by the absurd things, ours would take the cake.

Look no further than recent news for ample proof. Starbucks decided to remove snowflakes from its seasonal Christmas coffee cup, and Target put a new sweater up for sale, which had on its front the words "OCD," with "Obsessive Christmas Disorder" printed underneath. Uproar thus ensued highly disproportional to its cause.

Because in this culture, it's not just a paper-cup, and it's not just a sweater. It's obvious and undeniable proof that Starbucks hates Christmas and Target hates people with mental illnesses. Grab your pitchforks and torches and get ready to boycott.

Those who are unhappy with these criminal corporations are those who read deeply into the subliminal intentions behind seemingly neutral actions. The doctrine of these offended citizens commands all to be on tip-toe, wary of the myriad messages any simple action could send. We sometimes

call this practice "political correctness." We call it being mindful, inoffensive and nondiscriminatory. I call it ridiculous.

The Target Christmas sweater, for example, is clearly intended to be a silly play on words. It uses the common acronym OCD – for Obsessive Compulsive Disorder – and replaces a word for comic effect. (To the P.C. police unfamiliar with this tactic, it's supposed to be a "joke.") I highly doubt it was a well-calculated attack by Target on those who suffer from mental disorders.

It's just a sweater, folks.

For those who perceive this as an attack, however, or are of the opinion that the ignorant Target ought to be mindful of the negative ways the sweater's design can be interpreted, I offer some input.

I find it a dangerous practice to embrace over-sensitivity and hunt for the possible undertones of a neutral action. It's a nice disguise for the belligerent behavior of looking for a fight. Overwhelming emphasis is placed on all the negative ways in which the action could be interpreted, while one of the greatest components of an action's rightness – the actual intent of the action – is largely disregarded.

Adopting such behavior has consequences. Everyone becomes a potential offender, as the politically-correct stand ready to attack, dissect and obsess over a single "wrong" word, then shame the culprit who wasn't even trying to be one. Comrades become enemies. Tension brews between citizens of a politically-

correct world, as another uproar could break out any minute. Anyone can become an enemy, even if he lacks malicious intent.

Another cost of political correctness lies in its clash with free speech. First Amendment rights lose their power when one must be wary of attack after they're exercised. Don't misinterpret my point here – I am not encouraging bullying or intentionally offensive language. But when a lighthearted Christmas sweater is treated like hate speech, it's clear that our discrimination detectors are in need of some serious recalibrating.

In addition, our society's greatest achievements have historically been rooted to a people voicing their opinion. Because of this, it's extremely dangerous when citizens feel threatened if they speak up. Indeed, this all too easily offended society embodies the quote by Elbert Hubbard: "To avoid criticism, do nothing, say nothing, be nothing." The grand result, therefore, of a culture obsessed with correctness is a "be nothing" culture.

If, after all those words of wisdom, you are still ticked off by Target and sore over Starbucks, I'm happy to point out that we live in a free-market society in which your money is your vote. No one is forcing you to wear the Target sweater or buy the latte. So, if you don't like it, don't buy it. Simple as that. Both you and the businesses can

enjoy autonomy. What a win-win situation.

And if you are a member of the P.C. police, I'll be honest, I hope you retire from the position, because I'm starting to develop the opinion that this culture is nuts. It's ironic, disturbing and simply nonsensical that this hypersensitive culture is the same one that brought us "Cards Against Humanity," the shameful "game" that makes such issues as murder, the Holocaust and abortion a laughing matter. Yet, simultaneously existent is a culture priding itself on being "politically correct." Yep. We're definitely going wacko.

In the meantime, neither Target nor Starbucks is backing down, and for that I applaud them. If you're offended by the corporations, so be it. You reserve the right to your own opinion. But I'd advise you to consider cooling your jets and growing a spine. (Members of the invertebrate community, my deepest apologies.)

And if my suggestion insults you, well, this is the United States of America, not George Orwell's 1984. Not yet, anyway.



## The least wonderful time of year

**MONICA PAYNE**

Opinion Writer

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While some of you spent your Thanksgiving in the presence of family, friends and poultry, others broke away from the dinner table early to catch the sales of the season. Corporations have extended their Black Friday hours into Thanksgiving Day. Because who needs to spend time with their families when they could be fighting complete strangers for the latest Frozen doll or Lego play set? That's classic familial bonding! But seriously, there is absolutely no reason for big business to take away our holiday.

The "List of Stores Open Thanksgiving and Black Friday" includes Walmart, Target, Kohl's, Macy's and Dick's Sporting Goods which opened at 6 p.m. Toys R Us and Best Buy took the 5 p.m. spot, Michael's at 4 p.m. JC Penney's at 3 p.m. and lest we forget Radioshack opening at 8 a.m. until 1 p.m. according to the Seattle Times. And these stores will just keep opening their doors earlier and earlier. By this time next year, people will be camping out on Wednesday night and what was once a feast will be reduced to mere snacks. The junk food dinner Snoopy made in the Peanut's Thanksgiving special is looking more realistic by the year. In a few years we'll be renaming Thanksgiving "Black Friday Pregame".

And for those who don't celebrate Thanksgiving, then let them have the day off. They have families too. At the very least they should have a day to relax. With the terror they have to endure on Black Friday, and the days that follow, they deserve a day to prepare. But no, they are thrown right into the heat of battle alongside the rest of the troops. Who needs a break? Certainly not these workers! We have a nice colony of Energizer bunnies! No. No you don't. Let these hard working people have a little

vacation. Is that too much to ask?

Apparently it is for this capitalistic society. All those classic traditions are being thrown out the window, and for what? A TV that was \$700 and is now \$600. And they'll still consider purchasing the \$800 flat screen for the surround sound or whatever sort of extra function it has that makes it the better buy.

If that's the case, you can shop for that TV anytime, but it's not everyday you have the chance to gather your entire family in one house and just spend some quality time together.

I'm all for buying great gifts for the people you care about. That's the reason for this wonderful season. However, it's going way too far when the preparations for one holiday take the place of another.

Bob Greene's CNN article titled "Is Black Friday Edging Out Thanksgiving?" explains Black Friday perfectly, saying "It celebrates nothing; it commemorates only itself. It is an annual festival of the cash register."

What is a holiday, if not a time to gather, be festive and have fun without the stresses of everyday consumerism? It's just you, your family and some good food. Black Friday is not that kind of day and we should not try to mold it into one.

The people you give the gifts to are far more important than the money you spend. This society needs a huge priority check if they choose the purchase over who they are purchasing for. Thanksgiving is as important as any other holiday.

Let's not sweep it under the rug for some big sale sign.



## Bathroom binaries

**PARIS FRANKLIN**

Copy Editor

franklpm@edu.com

My name is Paris, and one of the most liberating experiences of my life occurred in a public restroom.

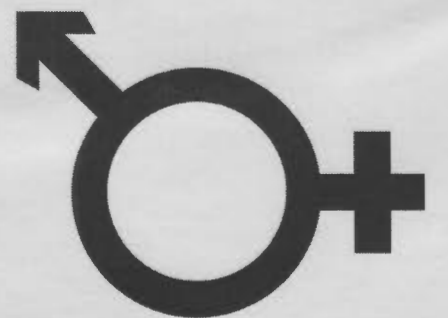
I recently peed alongside a male friend of mine. One evening, a mixed-sex group of my friends and I heard the call of nature and came to discover that the only place to relieve ourselves was a gender neutral bathroom nearby.

We walked into the same restroom, split into separate stalls and urinals and got on with our business. We emerged from our respective stalls, washed our hands together and talked about our experience. Most notably, we discussed things that we had never realized about what going to the bathroom must be like for the other gender. For example, many men are taller than stall walls and are easily able to look over them. Who knew? As a 5'2" female, I certainly didn't.

As bizarre and possibly stupid as this account sounds, I had such a positive experience that I began wondering why humans have gendered bathrooms at all. Not only are there multiple benefits for people whose sex matches their gender, but having gender neutral bathrooms allows comfort for those in the transgender community. Furthermore, the equality of the sexes is proven through that bathroom, one of the most intimate and primal settings that we as domesticated mammals participate in.

The lack of access to gender-neutral restrooms is one of the most prominent concerns among trans individuals. For transgender and gender non-conforming people, the lack of safe bathroom access can be viewed as a form of discrimination.

For those who are currently in the process of transitioning genders, and for those who do not find themselves on the gender spectrum at all, going to the bathroom is a far more stressful event than cis-gendered people often realize. Gender neutral



bathrooms help combat transphobia and allow for gender non-conforming and non-binary individuals to be more comfortable with a basic body function without the added pressure of thinking that they will make somebody else uncomfortable.

Past a certain age, it is socially unacceptable for a child to accompany their parent to the restroom. My parents divorced before I could walk, and many of my childhood memories include splitting up from my brother and father to go into public restrooms when family bathrooms were not available. This caused safety risks for a young girl and discomfort for people in the bathroom when my father would inevitably yell into the women's bathroom in order to check on me.

Going to the bathroom is one of the only activities that is completely equal across all gender lines, and separating people by gender to participate in a natural bodily function encourages shame. Gender neutral bathrooms equalize male and female genitalia, as well as further legitimize the identification of other genders.

Please make no mistake in thinking that I don't understand that not all people will be comfortable with the concept of mixed gender bathrooms. Familiarization with a situation is what makes humans more comfortable with it.

There is no reason to think that people will forever ban the idea that all genders can find common ground in the bathroom. I am not suggesting that we immediately do away with gender-specific restrooms. Rather, I feel as though if there was always a neutral bathroom alongside other bathrooms, there would be positive results for all.

# SPORTS

## Steve's Stance: #WhatShouldWePrayFor?

**STEVE MCGRAIN**  
Sports Editor  
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Earlier this fall, a high school football coach in Bremerton was suspended for praying with his team in the middle of the field after games.

His intention was to keep in mind any injured players and to thank God for the opportunity to play or coach the game they love.

Prayer may or may not have a religious connotation to it. In sports, prayer is utilized in hoping for safety for each of the teams or for the opposition to get home safely.

No matter the circumstance, praying is meant for the well-being of others.

I understand why parents would be upset or even the school, due to separation of church and state.

If the players and coaches came together in the center of the field to pray for the safety of others, would this be an appropriate act?

After the deadly terror attacks in Paris, there was an outpouring of support for the victims and their families. All over social media, profile pictures were changed to display the French flag in the forefront. Along with the hashtag, #PrayforParis. People integrating the flag into their main picture symbolizes standing in unity with Paris and their community.

To me #PrayforParis is keeping those people in our thoughts and wishing them safety in their everyday activities. It's hoping that the citizens of Paris regain some sort of normalcy. It's praying for them in their travels and hoping they don't endure any more hardship after the tragic events.

I understand the differences

between a terror attack and a high school football game, but I do not understand the differences between praying after a high school football game and #PrayforParis.

So, I pose the question, what does it mean to pray?

I went to a private Catholic high school. Therefore, we prayed before and after each game for the same things: for everyone to remain healthy, if anyone was injured for them to recover as soon as possible and for the other team and ourselves to get home safely.

Although the difficulty of trying to bring high school football players to the center of the field to pray can cause concern, these are teenagers. They could perceive these gatherings as, "If I do this, I will get more playing time. But if I do not join then I will sit on the bench."

Parents, however, could think

the coach is trying to place one religion over another on a public format.

But religion aside, praying for something does not have to have a religious connotation. Prayer to me is similar to throwing a penny in a fountain and wishing for something positive to happen. "#Praying" for the well-being of someone or something is wanting the best in the end.

To suspend the coach for praying after the game could send the wrong message to his high school players. The message he is professing makes people comfortable, but once religion is brought into the conversation, he is condemned.

It is the message, not the act of praying that people should be paying attention to. Sports can be a very demanding aspect of life, not only physically but mentally as well.

Bringing to light what the

coach is doing fine, but to portray his message, of wishing something positive especially towards the opponent, as negative is the real problem, we are missing that.

If these same people who got the coach suspended are also placing #PrayforParis on their Facebook profiles, is there not some sense of hypocrisy?

There can be teams in sports or a player standing alone, like tennis or golf. These athletes can play recklessly and end up injured after any play. They will never know until it transpires. Praying for them is appropriate because they have perfected a game the fans have grown to appreciate.

Religion or not, pray for everything and everyone, because Lord knows we all need to be in someone's thoughts for us to be at peace and remain healthy.

## The Mast Monday Night Football pick 'em GIANTS AT DOLPHINS

Last week, the New York Giants hurt their playoff chances by losing a heartbreaker against the Jets.

The Miami Dolphins won an ugly game against Baltimore, 15-13.

New York tries to close the gap on Seattle for the sixth and final playoff spot.

The biggest thing to keep an eye on this Monday Night is how will Miami slow down Giants' wide receiver O'Dell Beckham Jr.

Last week, Beckham Jr. recorded six catches for 149 yards and a touchdown.

Two-time Super Bowl winning quarterback Eli Manning will try to bring some positive momentum to the last quarter of the season.

Dolphins quarterback Ryan Tannehill will look to help continue wide receiver DeVante Parker's emergence into the National Football League.

The Dolphins' defensive line needs to put pressure on Manning in order to keep the game close.

Giants need to exploit the Dolphins weak secondary.  
Giants win, 24-17.

**D.J. Winter**  
So. Pacific Lutheran  
Football Player

"I'll take the Dolphins in this one, merely just because they're at home."

**Pick: Dolphins**

**Nicoya Benham-Marin**  
Sr. Women's Soccer  
Player at PLU

"I have to go with the Giants because of Beckham Jr.'s ability to take over a game at any point."

**Pick: Giants**

**Juston Lind**  
Jr. Wide receiver for  
the Lutes

"Wide receiver O'Dell Beckham Jr. is a playmaker and plays with passion. And the Giants defense has caused more turnovers than the Dolphins. Expect a close game."

**Pick: Giants**

**Tahlia Terhune**  
Senior  
Major: Advertising

"Quarterback Eli Manning and wide receiver O'Dell Beckham Jr. are too much for the Dolphins."

**Pick: Giants**

**Traeger Jarrad**  
Senior  
Major: Kinesiology

"The Giants will eat the Dolphins for dinner. Period."

**Pick: Giants**

**Hayden McCartney**  
Senior  
Major: Financial  
Mathematics

"Giants are pretty solid and the Dolphins are falling off since the excitement of their new coach."

**Pick: Giants**



Tell us who you think will come out on top on Twitter!  
**@PLUMast**

## Fantasy Football: Week 14

**RECAP FROM WEEK 13:** Seattle's quarterback Russell Wilson continues to prove he is the greatest dual-threat quarterback of all-time. Titans tight end Delanie Walker is the main target for quarterback Marcus Mariota in Tennessee. The New England Patriots are still trying to find a pass catcher who will remain healthy throughout the season.

### QUARTERBACK: Russell Wilson, Seattle Seahawks

Wilson will have no pressure on where he needs to direct his passes with running back Marshawn Lynch and tight end Jimmy Graham out due to injury. He is going to against a terrible Baltimore Ravens secondary.

### RUNNING BACK: Ronnie Hillman, Denver Broncos

With running back C.J. Anderson going down with an ankle injury last week, Hillman should take over as the lead back in Denver against a horrendous Oakland Raiders defense.

### WIDE RECEIVER: Sammy Watkins, Buffalo Bills

Quarterback Tyrod Taylor should be able to toss the football all over the worst secondary in the National Football League, his favorite target: Sammy Watkins.

### FLEX: Doug Baldwin, Seattle Seahawks

He has five touchdowns over the span of two games. With tight end Jimmy Graham out for the season, Baldwin will continue to be a touchdown machine for Russell Wilson.

### TIGHT END: Delanie Walker, Tennessee Titans

He does have a tough match-up against the New York Jets, but with how many opportunities he gets on a weekly basis proves him to be one of the top options for this week.

### DEFENSE/SPECIAL TEAMS: Carolina Panthers

The Panthers get set to take on quarterback Matt Ryan and the Atlanta Falcons. As long as they can contain wide receiver Julio Jones on the outside, it should be a fairly favorable match-up.

### KICKER: Steven Hauschka, Seattle Seahawks

Baltimore gives up the most fantasy points to kickers this season. Seattle has averaged 34.5 points over the last four games.

## Student-Athlete Spotlight

### An Interview with Melissa Dean



Photo by Kiana Sullenberger

**CARA GILLESPIE**  
Sports Writer  
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Melissa Dean is a senior Pacific Lutheran University swimmer and President of the Student-Athlete Advisory Committee (SAAC). This week, The Mast sat down with her to ask your questions.

**Mast Media:** How many hours of sleep a night do you get?

**Melissa Dean:** On a normal night, I usually get about six hours, and then if it's a good night, maybe eight.

**MM:** Do you find that you have to sacrifice certain things to maintain balance?

**MD:** Yes, I think I do. I'm not able to hang out with friends as much because school and swimming are really my two commitments at the time and I have to give and take on some things and make sure that I'm balanced and putting those first.

**MM:** What is your favorite movie?

**MD:** I really like *Finding Nemo*!

**MM:** Why is that?

**MD:** Because I am really excited for *Finding Dory* to come out in 2016.

**MM:** Where do you see yourself in five years?

**MD:** I'm not really sure where I see myself in five years. I'm just enjoying life. Hopefully, I'll still be able to participate in swimming somehow. I will be working in a public accounting firm in Seattle called KPMG.

**MM:** What is your favorite pizza topping?

**MD:** Bacon!

**MM:** What is your favorite part of being a member of the swim team?

**MD:** I think my favorite part is just hanging out with my teammates and being able to be a part of an environment where everybody is there because they love swimming and being able to train hard with my team and also hang out with them at the same time.

**MM:** What is your favorite part about the athletic training room?

**MD:** Lucy Capron

**MM:** What is the most fun thing you have worked on with SAAC this year?

**MD:** I wouldn't exactly call it fun, but we just put out a letter about the missed class time policy at PLU, especially in regards to athletes and students in other leadership positions at PLU. We addressed it to the faculty and staff hoping to create a more unified policy regarding absences to make sure that athletes aren't getting docked for competition seasons when they are representing PLU.

**MM:** What has been the most challenging aspect of college for you?

**MD:** I think the most challenging aspect is being able to participate in everything I want to and having enough time. Especially with swimming and school, it's hard to balance all of it because you want to get things done in the best way possible but you also have to know that sometimes you can't commit to everything. I think figuring out the organization and creating habits to make sure that you can do everything you want.

**MM:** What is your spirit animal?

**MD:** I really like koalas, except I am kind of the opposite of a koala because I don't get to sleep that much.

**MM:** What is the most rewarding thing you have been involved in at PLU?

**MD:** I think the most rewarding thing is being able to be a part of SAAC and making an impact on not only the athletic community but the PLU community. Just making people more aware of the athletes here at PLU and also helping with whole athletic department and with SAAC and making sure the athletes have a voice.

Thank you for participating in #AskALute on the @golutes Instagram! We appreciate your continued support and wish you the best of luck on your finals. May the odds be ever in your favor, Lutes.

## Remembering the Mamba

**DYLAN FOREMAN**  
Sports Writer  
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Kobe Bryant, shooting guard for the Los Angeles Lakers, made the decision to retire after this current NBA season, thus bringing an end to a historic and legendary 20-year career.

You either love or incredibly loathe Kobe Bryant. Whichever category you fall into, one thing is for sure: you respect the Black Mamba.

Was he the next Michael Jordan?

Some might say he was. Others might disagree.

One thing is certain: he was the closest thing to MJ from when he was drafted in 1996 to present day.

He was drafted out of high school in Philadelphia with arguably one of the greatest draft classes of all time. It included Allen Iverson, Steve Nash, Stephon Marbury, Jermaine O'Neal, Ray Allen and undrafted Ben Wallace.

His list of accolades goes on: Five time NBA champion, one time league MVP, two time finals MVP, 11 all-NBA first-team, nine time all-defensive first team and 17 time all-star.

However, with these spectacular accomplishments, there comes skepticism. Many people have doubted him in his career. Some say that Kobe's first two titles weren't really due to his performance, but rather to the performance of his dynamic counterpart, Shaquille O'Neal.

As one of the most dominating centers of all time, Shaq is thought to have led the Lakers during the dynasty run in the early 2000s before Kobe took the reigns of the team.

Once he had attained control of the team as his own, questions began to arise as to whether or not he was a toxic teammate. Some people surrounding him couldn't take how much he demanded the ball. He has been described as selfish by a multitude of his own teammates. The most legendary feud came between him and Shaq where the two reportedly could not stand each other even though the team was winning.

To be a great competitor and a great champion, an athlete must maintain an ego that they are the greatest player on the basketball court at any given time. Kobe had that ego.

From the fist pump to the gritty underbite, Kobe possessed some of the qualities that only the greatest players possess. At the same time, with the world revolving around one individual, those surrounding Kobe are liable to agree with the idea that he is the greatest gift to the game of basketball.

People doubt you, judge you and in many cases, hate you.

With all the speculation surrounding Kobe as selfish or undeserving of some of his NBA titles, there is no doubt that the Great Mamba will be remembered for his dominance and the excitement that he brought to the NBA.

Was he my favorite player?

Far from it, I think sometimes he tried to do too much on the court. I also think there were times he could have trusted his teammates more instead of taking it upon himself to single-handedly win a game. If I were a teammate, I'd probably not love to play with or even be around him.

However, I can't help but marvel at the skills he possesses and his work ethic. To be that good in the NBA, Kobe put in countless hours to perfect his craft. Famously known for being a gym rat to become legendary, Kobe nearly mastered all aspects of the game.

I will always regard the Black Mamba as one of the greatest to play the game of basketball.

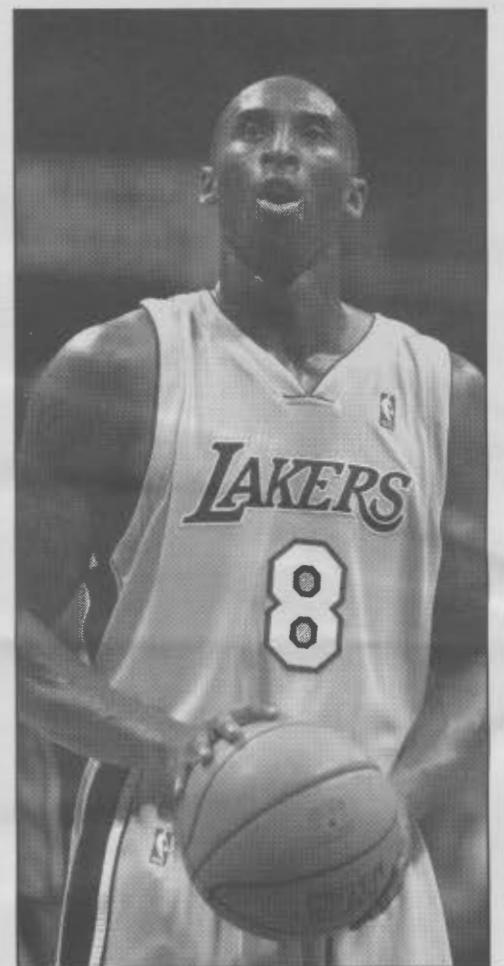


Photo Courtesy of Alexandra Walt

## Who should kids look up to?



Photo Courtesy of Erik Drost: Johnny Manziel (2) is starting quarterback for the Cleveland Browns

**MIKEY LANGENER**  
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All young athletes have an athlete that they look up to and strive to emulate someday. However, not every athlete is a good role model and certain athletes may even give young kids the wrong impression. Some athletes take their situation for granted and flaunt all of their money. They usually don't know how to handle media attention, and these are the athletes most commonly shown on television.

In our society today, athletes play a very big role and tend to draw the spotlight whether they want to or not. Anytime a big name athlete does something negative, everybody is going to hear about it.

Professional athletes are under a microscope and everything they do is being watched and judged by the public. Anytime an athlete is involved in an incident, it's all over the news within minutes of occurring.

Players such as Cleveland Browns starting quarterback Johnny Manziel are constantly all over the media for all the wrong reasons. This is the

perception most young aspiring athletes think it's all about because it's what they see day after day.

The 2012 Heisman trophy winner has constantly been in the news since his college days and well into his short professional career. Several run ins with the law, including multiple pictures and videos of Manziel partying with drugs and alcohol, have been all over the media. He portrays the athlete-party lifestyle by carrying himself as being above the law and not caring about anyone but himself.

Manziel is just one of many athletes like this, who make it difficult for people to say professional athletes are worthy role models.

With so much negativity surrounding sports, it's easy to get caught up and forget about the athletes who are actually good role models. Negative events immensely outweigh the positive things done by athletes. This makes it hard for kids to find someone worthy of being looked up to and want to follow in their footsteps.

As a collegiate athlete myself, I look up to current athletes such as Marcus Mariota and Russell Wilson. They are two of the most humble athletes you could ever find.

They truly love playing the game and don't get caught up in the money and the spotlight. They constantly give back to the community and organizations. They show the true meaning of being a leader and a team player.

Growing up as a young athlete, I loved to play sports and wanted to be like the big time athletes that I saw on television. An athlete like Peyton Manning always had the spotlight on him and received all the attention because he was the best in his sport.

Watching these athletes at a young age made a big impression on me. I dreamed of one day being in their shoes and making the big play in the spotlight in front of tens of thousands of screaming fans.

With all the negative things done by athletes, it can be difficult at first to find one to look up to and admire, but if you take a good look, there are hundreds of great athletes out there setting good examples for kids all over the country. You just have to look past the select few being portrayed by the media.

# Men's Basketball continues to impress early into the season



**CHRISTIAN BOND**  
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The Pacific Lutheran University Men's Basketball team was picked by the coaches of the Northwest Conference to finish tied for seventh at the conclusion of this season.

But, after an impressive 6-1 start, the team could have several coaches changing their picks.

Senior Bryce Miller and junior Brandon Lester are the leaders of the 2015-2016 team. Lester is having a great year for scoring, averaging 17 points per game. Miller has dominated the paint, supplying 12.3 points and 9.5 rebounds per game.

"This being my senior year, there is extra motivation to

be successful and finish in the top of the league," Miller said. "I was fortunate enough to have some good games thus far, which can be attributed to my teammates giving me the ball in places on the floor where I can be efficient. As we roll into conference play, I anticipate that competition will continue to rise, along with my production."

Sophomore Dylan Foreman has scored in bunches for the team this season. Foreman scored 20 points in three of the first seven games this season. He is averaging 16.5 points per game.

Junior Kyle Sawtell scored 22 points in a historic game against Northwest Indian College. The Lutes beat NWIC 130-52.

PLU's 130 points broke the previous program record of 119, set back in 1989 against

Concordia (Ore.).

New players, first-year Tyson Birrer and sophomore Jarred Christy have provided the team with youth and athleticism.

Birrer has provided a nice point guard option off the bench for the team.

Christy is coming into his own underneath. The 6 foot 6 inch transfer student is averaging 5.3 rebounds per game.

Head coach Steve Dickerson is pleased with the level his team is playing at.

"We can compete at the highest level, and we are resilient," Dickerson said. "As long as we do what we do, we can compete."

Your next chance to catch the men at home is January 15 against Lewis & Clark at 8 p.m.



Photos by Bailey Plumb:

Top Left: Senior Bryce Miller (44) attempts a tear-drop, he finished with 12.7 points per game and 9.4 rebounds per game.

Right: Sophomore Jarred Christy (22) does a lay-up over UPS defenders. Christy transferred from Washington State this season, he is averaging 5.4 points and 6.6 rebounds per game.

Photo by Oliver Johnson:

Left: Sophomore Dylan Foreman (15) shoots a three from the right wing. Foreman is averaging 17.0 points per game.



# Lady Lutes' refute "rebuilding" claim

**JAKE BILYEU**  
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The year of rebuilding has gone much better than expected for Pacific Lutheran University's Women's Basketball team.

After kicking off the season just before Thanksgiving with nine new players, the team has won two games and lost two games. However, their two losses have been very competitive.

The Lutes began their season with a match against nationally-ranked University of St. Thomas at the Doug McArthur Classic. The Lutes stuck with the 18th ranked Tommies through the first three quarters, as they only trailed 52-48 heading into the final period. While their foes were ultimately able to pull away and win 76-62, the Lutes' competitive play showed just how good they can be.

"We played a very good team," head coach Jennifer Childress said. "As a

testament to our players' hard work and togetherness, we hung right with them."

The team followed that game by finishing up the Doug McArthur Classic with a game against Hardin-Simmons. After a back and forth first half, the Lutes slowly took control in the second half and held on to get their first win of the season, 72-61.

"I am proud of our ability to find another gear when the game entered the fourth quarter," Childress said.

From there, the Lutes got some rest and prepped for their conference opener, a home game against University of Puget Sound.

They would definitely need that rest, as the game would wind up going on a little longer than expected.

After long runs from both sides saw the Lutes enter the half with a 34-29 lead, the opposing Loggers slowly mounted their comeback.

As the Lutes tried to secure the win late in the game, a Logger buzzer beater sent the



Photos by Bailey Plumb: Above: Senior Megan Abdo (10) attempts a free-throw. Top Right: First-year Anna Hurd (20) performs a lay-up on the left side.

game into overtime. The Lutes' energy that had been spent holding off the comeback to that point was not enough to get the win in overtime, as the team fell 79-69.

"We showed that we can compete," Childress said. "We were not satisfied with the loss, but we know that we will definitely improve going forward."

The team showed that dissatisfaction when they took on Willamette on the road on Dec. 5, as they took an early 21-12 lead after the first quarter.

Although Willamette was able to come back from the deficit, another 21-12 run by the Lutes in the fourth quarter gave them the 69-55 win, as the team won its first conference game of the season.

"Our depth and the rotation of fresh players was really to our advantage," Childress said. "We were able to sustain pressure for 40 minutes."

So far, the team has been led in scoring by senior Megan Abdo, with 14.5 points per game, and junior Ionna Price, with 10.3 points per game. Junior Lacey Nicholson has led the team in rebounds with 8.8 per game, while Abdo has also contributed 6.8.

The team's season continues this Friday at Northwest, and they'll be back home Sunday, Dec. 13, when they host Evergreen at 2 p.m.

# Athlete's Perspective

## Sarah Barnes

*Editor's Note: Senior Sarah Barnes is part of Pacific Lutheran's Women's basketball team and the Reserved Officers' Training Corps (ROTC).*

**SARAH BARNES**  
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WYBO.  
It means Work Your Butt Off.

This is a motto coined by Women's Basketball head coach Jennifer Childress, that is used every day at practice.

When I first heard this acronym used by Coach Childress my sophomore year, I thought it was weird. It sounded silly and I didn't accept it initially.

I was wrong.

After three years, I am 100 percent on the WYBO train.

It is a goofy motto, but it has come to be very applicable to every aspect of my life.

My life includes ROTC,

basketball and academics.

Looking back to my first-year of college, I never had the intention to be commissioning as an Aviation Officer in the Army.

Playing Lute Basketball has opened doors for me, while WYBO has walked me through them.

At times it is difficult to balance everything, but the support I receive from Cadre (ROTC instructor), Coach Childress, my teammates and my peers allowed me to succeed.

As I come into my final season as a Lute, I am very excited.

Basketball and ROTC have pushed me physically, mentally and emotionally, and have taught me lessons that forced me to become

mature.

I have noticed these forces at work on the basketball court. I am seeing plays and reacting to pressure in new ways.

My perspective has changed.

I love playing basketball, but being a part of a team as awesome as ours and watching the younger girls learn is better than playing.

We have never looked better.

Expect great things from the PLU Women's Basketball team for the next couple seasons.

We finally have team chemistry that has not been here for a while. We work hard, support each other and care about each other.



Photo by Angelo Mejia

## Ashley Mindnich

**ASHLEY MINDNICH**  
Guest Writer  
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This year, Pacific Lutheran's Women's Soccer was the first PLU sports team to take an international trip since 1993, we led the NWC with 94 saves, had a league best of 38 goals and achieved the best program record since 1992. I could go on.

We had two full slides of accomplishments on a PowerPoint shown in our post season meeting. During our last game, with rain pouring down, we lost by one goal to one of the last teams in the conference, it didn't feel like a success.

But without a doubt, all the incredible things our family achieved this season cannot be written off. We had exhibited growth as students-athletes and now are eager to start the grind for our next season.

The most distinct aspect of the PLU Women's Soccer family is that everyone has their own role on the team. Our success is a collective one. Each member plays a part in orchestrating our peak performance.

Many teams have one star player

that carries the team, but that's not the case on our squad. This year, we had players all over the board scoring goals, assisting them, playing major minutes and rallying the bench.

The collective work ethic that each individual sacrificed to the program created a well-rounded and outstanding performance on the field.

Our family never spends too much time being comfortable. We allow ourselves a short, sweet celebration after each of our wins this season.

But by the time we got into the team room, we were back to business.

Within an hour from our previous game, we were mentally and physically preparing for the next game with repeated trips to the ice bath, by watching film and critiquing our play. Although we take pride in our successes, we refuse to settle. This is the mindset we will have going into next season. We are proud of what we have accomplished, but we are hungry for more.

Unfortunately, PLU Women's Soccer is losing four incredible

members of our family, seniors Kailey Lyman, Emily Hanna, Jamie Hoffman and Nicoya Benham-Marin, to the intimidating world of post-graduation.

Although it is heartbreaking to move into next season without them, we are looking forward to welcoming back three members from injuries that put them in red shirts for this past season. Sophomore Kristi Kaneta, junior Kaylie Rozell and redshirt senior Lauren Larson will be returning to the action come next fall, along with 23 other returners and a group of first-years.

We will have a deep offensive and midfield bench, a strong defense and many players ready to step into the big shoes that are being left behind.

In the 2016-2017 season we will be upholding the collective passion that we all have for this beautiful game.

Our preparation starts now.

Our family is ready to welcome new members, say goodbye to others and continue our legacy here at PLU.



Photo by Bailey Plumb: Sophomores Ashley Mindnich (29), Hailey Smoot (22) and Taylor Lunde (17) celebrate Smoot's goal.

## Sophie VanDyke

**DAVID MAIR**  
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When sophomore Sophie VanDyke began her college search, she knew a school with a club lacrosse team was a must. She knew right away that Pacific Lutheran was where she wanted to play.

VanDyke started playing lacrosse in the eighth grade. This spring will be her seventh season playing lacrosse and her second season with the Lutes. She works hard to keep playing lacrosse while balancing lacrosse with being a nursing major.

As far as nursing goes, there was never a particular moment that inspired her. Rather she got the idea in high school because she loved studying the human body.

"I like the idea of being part of something bigger than myself," VanDyke said. Not to mention, "the job security and pay doesn't hurt either."

She likes to think she has a talent for brightening people's days.

"Being a nursing major, I was pretty worried I was not going to have the time to play," VanDyke said. "Thankfully, last year I managed to make it work, so I am hopeful this next season will work out the same."

Playing on the lacrosse team primarily as low defense and being a full-time nursing major is a difficult balancing act.

"I would be lying if I said it was easy to balance [them both]," VanDyke said.

Sacrifices have to be made to make it all work. Her teammates are supportive of

her academics and help her how they can from quizzing her with flashcards during road trips to letting her miss a practice to put in more hours to study for a test.

"Ultimately, we all want what is best for everyone on the team. It is a very supportive atmosphere," VanDyke said.

It may seem intimidating to balance nursing with other activities, but VanDyke wants to encourage others to put themselves out there and get involved.

"Yes [nursing] is a difficult major, but life is all about balance and finding other passions will prevent you from getting burned out," VanDyke said.



Photo by David Mair